
Soldier Fitness

Adapted from the
Fort Drum Climb to Fitness
Program

Objectives

PHYSICAL TRAINING IN THE ARMY

- To enhance the Soldiers' abilities to meet the physical demands of war.
- Good, sound physical training should challenge Soldiers but should not place them at undue risk nor lead to situations where accidents or injuries are likely to occur.

COMPONENTS OF FITNESS

- Cardiorespiratory Fitness
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition



AEROBIC EXERCISE

- Requires breathing in large volumes of air
- Must involve large muscle groups
- Rhythmic activity
- Sufficient duration and intensity

PRIMARY

- Running/Walking
- Road Marching
- Bicycling
- Rope Skipping
- Swimming
- Stair Climbing

SECONDARY

- Racquetball
- Basketball
- Handball
- Tennis

Primary More Effective Than
Secondary

FACTORS AFFECTING AEROBIC PERFORMANCE

- AGE
- ANEMIA
- CARBON MONOXIDE FROM SMOKING
- HIGH ALTITUDE
- OBESITY
- SEDENTARY LIFE-STYLE

Benefits of Cardiorespiratory Exercise

- ✧ Decreases The Amount Of Time It Takes To Recover From Exercise
- ✧ Decreases Resting Heart Rate
- ✧ Body Goes Longer W/O Fatigue
- ✧ Heart Becomes Stronger
- ✧ Helps Prevent Cardiovascular Disease
- ✧ Produces A Positive Affect on Lungs, Heart, Muscles, Circulatory and Endocrine Systems

Alternatives to Running

Bicycling

- Excellent CR Exercise
- Indoor/Outdoor Activity

- THR Minimum 30 Min

Cross Country Skiing

- Interval Training
- Vigorous Movement of Arms and Legs
- Great for Fort Drum

Rope Skipping

- Requires Little Equipment
- Can Be Done Anywhere

Swimming

- Begin Jumping in 5 Minute Intervals
- Involves all Major Muscles

- Low Impact

Caloric Expenditure and Caloric Deficit

1 Pound = 3500 Calories

MIN: 300 Calories Per Workout Session

MIN: 700 Calories Per Week

**Maximum Health Benefits = 2000
Calories Per Week**

Muscular Strength and Endurance

When a muscle is OVERLOADED it adapts by becoming

Muscular Strength

3 Times /Week

3-7 Repetitions

Muscular Strength and Endurance

3 Times/Week

8-12 Repetitions

Muscular Endurance

3-5 Times/Week

12+ Repetitions

WARNING: Beginner resistance-training programs should not include heavy weights. Begin using an amount of weight that allows you to do 8-12

Key Points to Strength Training

- Train with a partner
- Breathe when lifting
- Slow and in control
- Recovery time between sets
 - 48 Hour recovery time for muscles
 - Alternate pushing and pulling
 - Balanced workout
- Large muscles first
- Full range of motion
- Proper form
- Progress slowly

FITNESS PRINCIPLES

LAW OF DIMINISHING RETURNS:

- Rapid strength increases with sets 1 - 3
- Weight gains begin to level off between sets 4 - 5
- After set 5 the gains are very minimal for the

OVERLOAD PRINCIPLE:

- Stress (Intensity/Duration) must be placed on a muscle
- Stress must be more than the muscle is used to
- The muscle then needs time to recover and the muscle will

Weight Training Tips

Be Realistic

Dress Comfortably

Mentally Strengthen

Start Light

Variety

Visualize: Zero-In

Listen to Your Body

Benefits of Weight Training

- ❖ Helps maintain desired body weight
- ❖ Prevents and rehabilitates injuries
- ❖ Increases speed and stamina
 - ❖ Increases muscular strength
 - ❖ Increases muscle mass
 - ❖ Increases strength of bones and ligaments
- ❖ Increases muscle mass
- ❖ Decreases body fat
- ❖ Decreases stress

WARNING SIGNS

* **Swelling Of The Lymph
Nodes**

* **Gradual Increase
In**

Muscle Soreness

* **Lowered
Resistance**

* **Inability To
Complete
A Workout
Session**

* **Increase In To Sickness
RHR**

* **Extreme Muscle
Soreness**

* **Decrease In
Appetite**

* **Decrease in Physical
Performance**

If you see 2 or more of these signs, it is necessary to cut back on your workout until the symptoms

Fact or Fiction?

*Weight training can cause women to become more masculine looking.

- Weight training is the fastest, easiest and best way to improve the shape, tone and strength of a body.
- It is possible to SPOT REDUCE

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